



**JOIN US ON**  
**October 28, 2005**  
**12 NOON**  
**State House Steps**  
**Trenton, NJ**

***Working Well NJ's***  
**1<sup>st</sup> Annual Fitness Challenge**  
**Walk & Rally**  
**Lunch Hour Event from 12 - 2 pm**

The one-mile walk kicks off from the steps of the State House. Come walk with us or visit with the many wellness partners for healthy lifestyle information.



Accept the *Working Well NJ* Fitness Challenge by being part of your agency's team. Do it for your health.



Learn about wellness, disease prevention and healthy lifestyle choices from *Working Well NJ*.



*Get valuable information and tips on ways to keep you and your family healthy!*



For more information, call: 609-292-8217 or visit [www.nj.gov/personnel](http://www.nj.gov/personnel) and click on the *working well nj* logo.



Richard J. Codey, Acting Governor

